



Grade 9 Sample Lesson Plan:

Unit 12 – Stress Management: Mindful Coloring

SOLs:

- 9.2 Q Develop a personal system for coping with distress and stress.
- 9.2 R Identify appropriate coping and resiliency strategies to manage symptoms of stress, anxiety, loss, and depression.

Objectives/ Goals:

- Students will identify 5 positive coping strategies to help reduce stress
- Student will try mindful coloring as a positive coping strategy to reduce stress

Materials:

- Coloring book [pages printed out for class]
- Colored pencils
- Feelings Chart
- Positive Coping Skills [handout]
- Quick Mindfulness Activities [handout]
- Poster-Do not Disturb Sign for Mindfulness

- Positive Coping Skills [handout]
- Quick Mindfulness Activities [handout]
- Poster-Do not Disturb Sign for Mindfulness

Procedure:

[Lesson: 20-30 mins]

Steps:	Actions:
Step 1	<p>Hang Poster-Do not Disturb Sign for Mindfulness</p> <p>As students walk into class pass out Positive Coping Skills handout. Students will read handout with a partner. Students will Pair/Share 5 positive coping skills that works for them.</p>
Step 2	<p>As the students share their 5 positive coping skills, show on the projector the Feelings Chart.</p> <p>Ask the students to privately rate their stress levels 5 “I Need Help” to 1-“I Feel Great”</p>
Step 3	<p>Share the goals for the day:</p> <ul style="list-style-type: none"> • Students will identify 5 positive coping strategies to help reduce stress. • Students will practice mindful listening while completing the coloring activity. • Students will try mindful coloring as a positive coping strategy to reduce stress.
Step 4	<p>Discuss the benefits of mindful listening. Below is the script.</p> <p>Mindful Listening We get used to a lot of the sounds that are around us and quickly tune them out. Or, we assign each sound the quality of pleasant or unpleasant. If you live in the city, there might be police sirens, or birds singing, people sneezing, children playing, the sound of traffic, a song playing on a radio in the distance. What can you hear right now?</p>

	<i>This is not about judging the sounds as bad or good, it's about bringing your attention to the present moment.</i>
Step 5	Students will choose a coloring handout of their choice. Pass out colored pencils and play relaxing music while students are coloring.
Step 6	At the end of the mindful listening and coloring activity, ask the students to rate their stress levels according to the Feelings Chart (5 “I need help” to 1-“I feel great”)
Step 7	Discuss with them if this is something they might try as a positive coping skills to relieve stress.
Step 8	Assessment: What are five positive coping skills that one can try to reduce stress and anxiety?

Additional Mindful Activities:

- Quick Mindfulness Activities (handout)

References:

- <http://www.togethernessproject.org/blog/free-downloadable-coloring-book>
<https://drive.google.com/folderview?id=0B-8biaSNlgpAflpIUTRqeG9rckJBREIXOF9KNEs2VU5RRTFOSXFiOWRndVUwNnJ2QmF5VU0&usp=sharing>

Kimberly Ohara-Borowski M.Ed. Ocean View High School

Additional Mindful Activities:

- Quick Mindfulness Activities (handout)

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- Kimberly Ohara-Borowski M.Ed. Ocean View High School

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

POSITIVE COPING SKILLS

Talking

- Talking with a parent or other family member
- Talking with a trusted staff member at school
- Calling a friend
- Calling a crisis line or helpline

Writing

- Writing in a journal or diary
- Writing with a stream of consciousness (writing all things you are feeling without stopping to think about what you're writing)
- Write poetry
- Writing a song (or lyrics to your favorite song)
- Writing a letter to a friend
- Writing a story

Exercise

- Go for a run
- Go for a walk
- Go skateboarding or rollerblading
- Do push-ups, sit-ups, pull-ups or jumping jacks
- Play a sport
- Try yoga
- Lift weights
- Hit a punching bag
- Go for a bike ride
- Go swimming
- Download a fitness app

Artistic Expression

- Sing
- Dance
- Draw or paint a picture
- Sculpt an object (using play-doh)
- Make a collage that shows how you feel
- Play a musical instrument
- Create music on an app or program
- Taking pictures of nature, friends, family of you






Relaxation

- Deep breathing
- Try a meditation app
- Listening to music
- Watching tv
- Laying in the sun
- Counting to ten backwards
- Taking a bath or shower
- Gripping a 'stress ball'
- Reading an inspirational book magazine or comic book

Miscellaneous

- Walking your dog
- Playing a board game
- Playing video games or go online
- Cooking
- Cleaning
- Yelling into the wind

Feelings Chart

	How I Feel	What I can do:
5	 <p>I need some help!</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Talk it out with a trusted adult. <input type="checkbox"/> Ask to take a break <input type="checkbox"/> Use your favorite positive coping strategy
4	 <p>I'm really upset.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Talk it out with a trusted adult if needed <input type="checkbox"/> Take a deep breath and count backwards from 10 <input type="checkbox"/> Ask to take a break <input type="checkbox"/> Walk it out
3	 <p>I've got a problem.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Take a deep breath and count backwards from 10 <input type="checkbox"/> Identify the problem <ul style="list-style-type: none"> <input type="checkbox"/> Find a positive solution to your problem <input type="checkbox"/> Is it something that can wait or do you need to solve it now? <input type="checkbox"/> Still need help solving the problem ask a trusted adult
2	 <p>Things are pretty good.</p>	<ul style="list-style-type: none"> ★ Be in the moment. ★ Remember in life all humans experience ups and downs.
1	 <p>Feeling Great!</p>	<ul style="list-style-type: none"> ★ Enjoy the feeling! ★ Be in the moment. ★ Identify how your body feels when you are feeling great!

The background of the entire image is a close-up, slightly blurred photograph of blue water with gentle ripples. The text is overlaid on this background.

Please do not disturb

**Meditation
in Session**

Quick Mindfulness Activities

Mindful Eating Try this during a snack or lunch break. Before you take a bite, look at the food, feel the textures in your mouth, smell it and notice how your body reacts to it. When you take the first bite of any meal, just take a moment to really pay attention to the taste.

You don't need to keep this up all the way through the meal, but use it every now and then to focus your attention.

Mindful Mini-break How often do you find yourself checking email, or your cellphone when you get a quick break in the day? Try something different, at least once each day. Turn away from the computer/tablet/smartphone and sit for 30 seconds to 1 minute, noticing the sensations in your mind and body. How do you feel? What can you hear? Try to be present in that moment. If your mind wanders off to tasks that you have to complete or starts working over things that happened yesterday, say to yourself, "Thinking," let it go and gently bring your mind's focus back to the present.

Remember: mindfulness is not about trying to make sense of, or change anything, it's about attention to that moment.

Mindful Listening We get used to a lot of the sounds that are around us and quickly tune them out. Or we assign each sound the quality of pleasant or unpleasant. If you live in the city, there might be police sirens, or birds singing, people sneezing, children playing, the sound of traffic, a song playing on a radio in the distance. What can you hear right now?

This is not about judging the sounds as bad or good, it's about bringing your attention to the present moment.

Mindful Breathing At any time during the day, take a moment to focus on your breathing. First, deeply breathe in, then breathe out. Focus your attention on how this feels, where you notice the air moving, how your chest and abdomen move. You may even want to place your hand on your stomach to feel it rise and fall with your breath. Do you notice any changes in how your body feels as you do this? Now return to breathing normally and naturally, just noticing the sensations for 3-5 breaths.

You're not looking for a revelation from these experiences; think of it as exercise for your mind.

Bonus Tip for those stressful days (when you have an important meeting, a test, presentation, etc.) - The moment you walk into the room, take a moment to bring your attention to the present moment. Look around you, notice the room. Take a deep breath in and breathe out, noticing the sensations

in your body. If you notice tension in your body, release it with your breath. Notice the temperature in the room, the light. Notice any sounds you hear without judging them. As you sit down, do you usually cross your legs? Try uncrossing them and place your hands gently in your lap, or on the desk for one moment. As the teacher gives instruction, try to give him/her your full attention without judging the words or adding meaning. If you have a comment or question, do your best to speak clearly and directly, without charge.

If you are trying this before a test, continue to take brief breaks during the test if you find yourself anxious, or forgetting important information. Direct your attention to sensations in your body, and fully focus on one full breath cycle (slowly inhale and exhale).

May all of your present moments be joyful.



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BY LIFTING OTHERS



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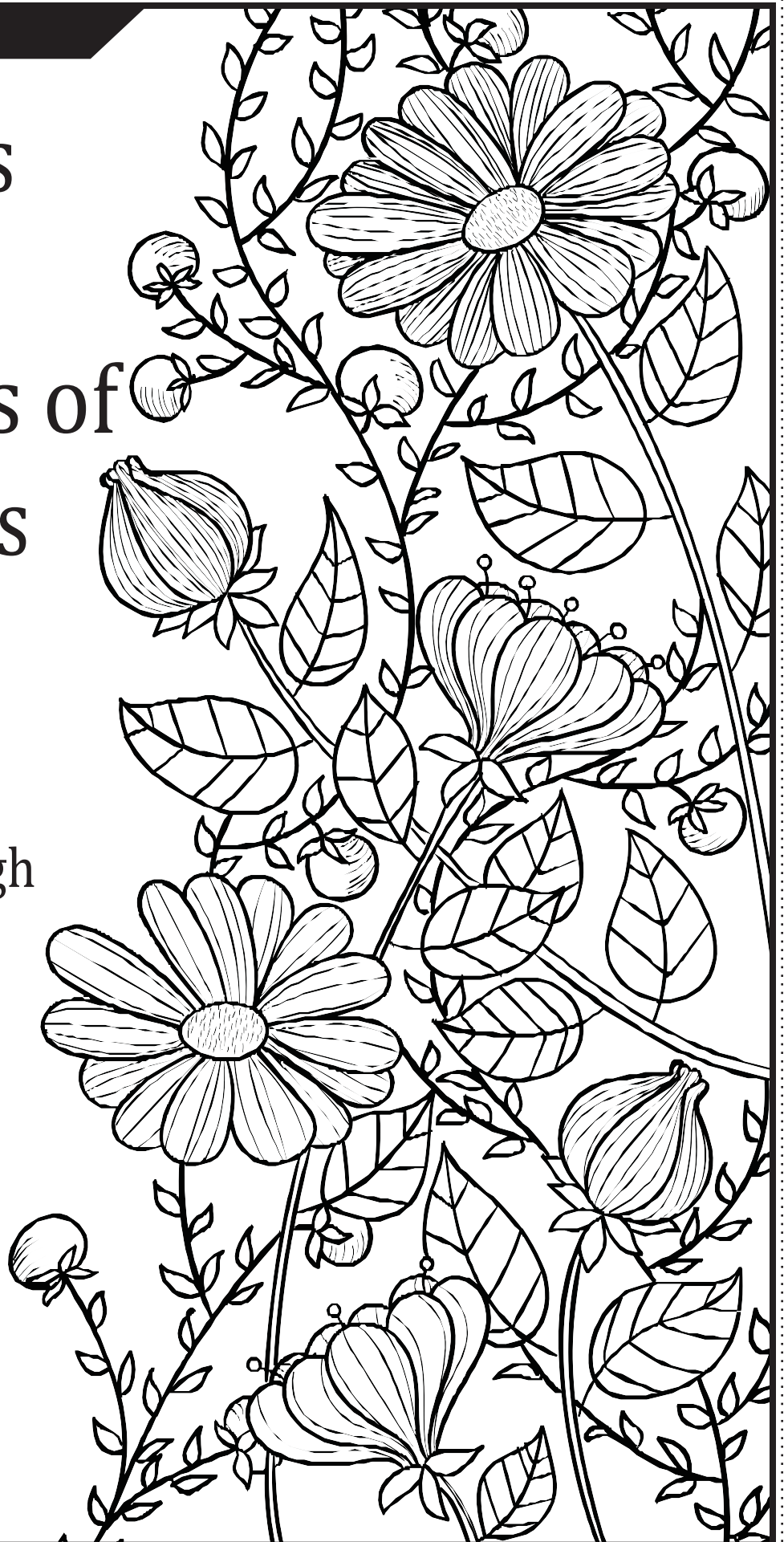
at a TIME and
always start
WITH THE PERSON
Nearest YOU."

- MOTHER Tere

Together we rise above

Great things
are done
by a series of
small things
brought
together.

- Vincent Van Gogh



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Together we rise above



"DO NOT WISH TO BE ANYTHING
BUT WHAT YOU ARE, AND TRY
TO BE THAT PERFECTLY."

- ST. FRANCIS DE SALES



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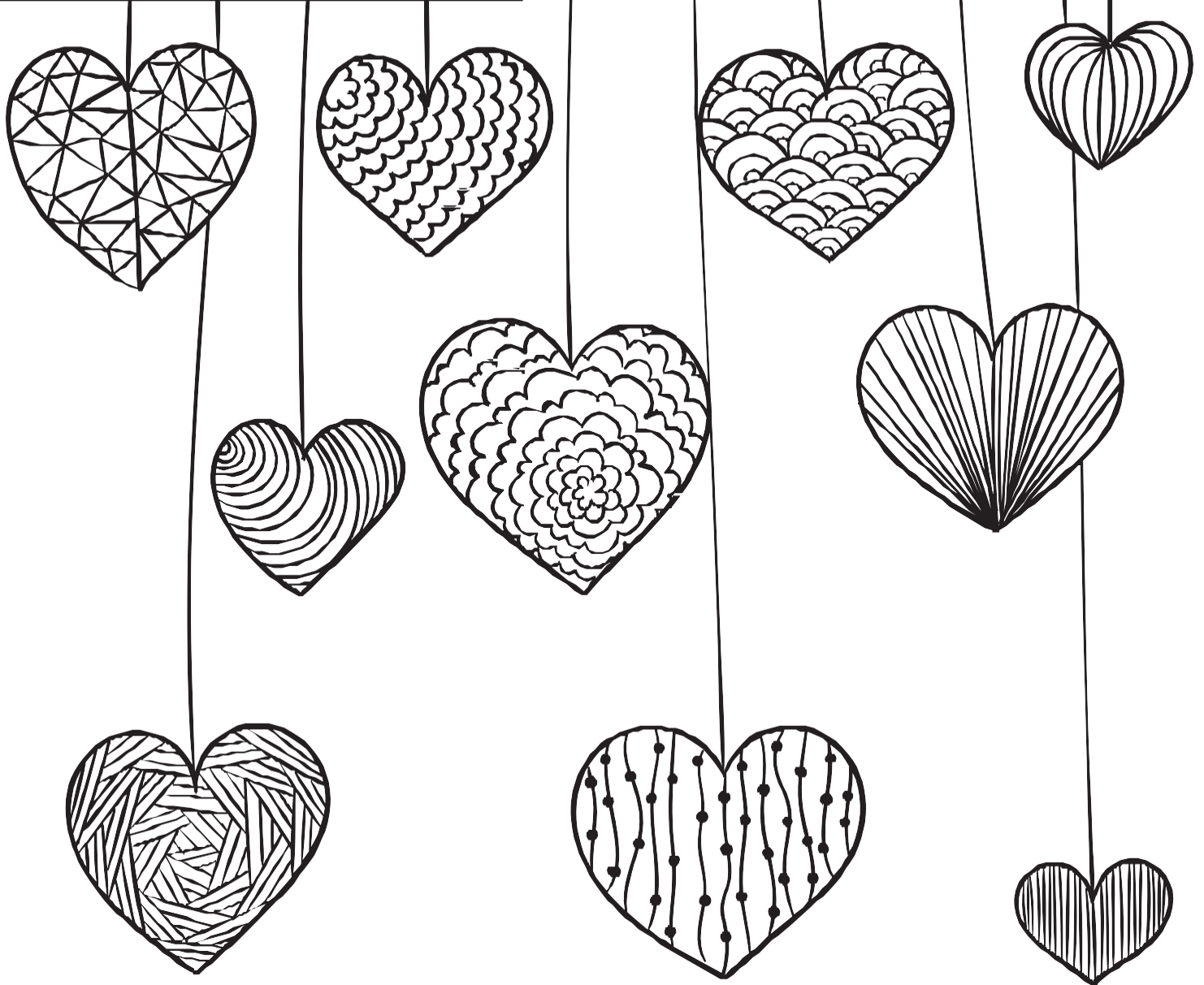


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FRIENDSHIP IS BORN AT THAT MOMENT
WHEN ONE PERSON SAYS TO ANOTHER:
"WHAT! YOU TOO? I THOUGHT I WAS THE ONLY ONE!"

- C.S. LEWIS



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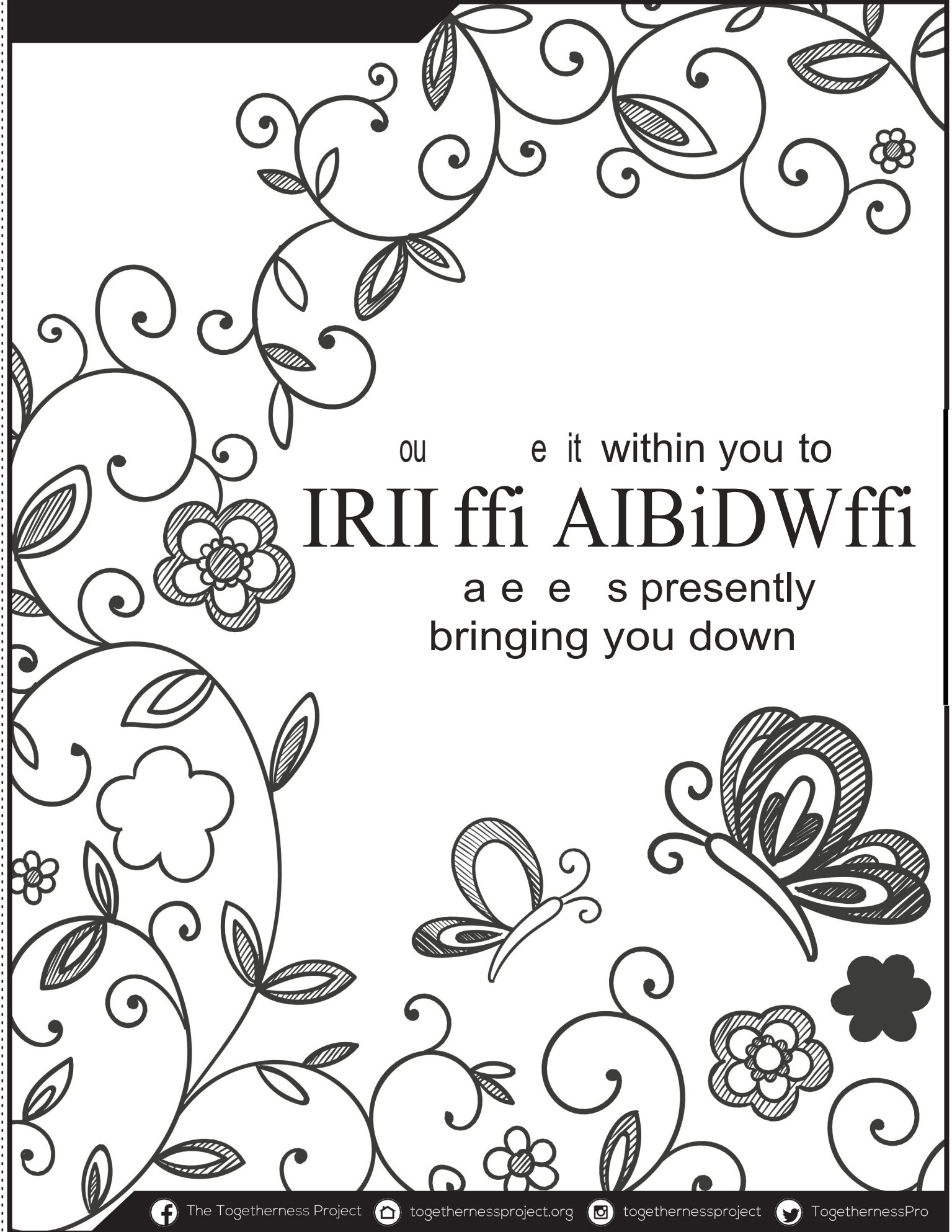
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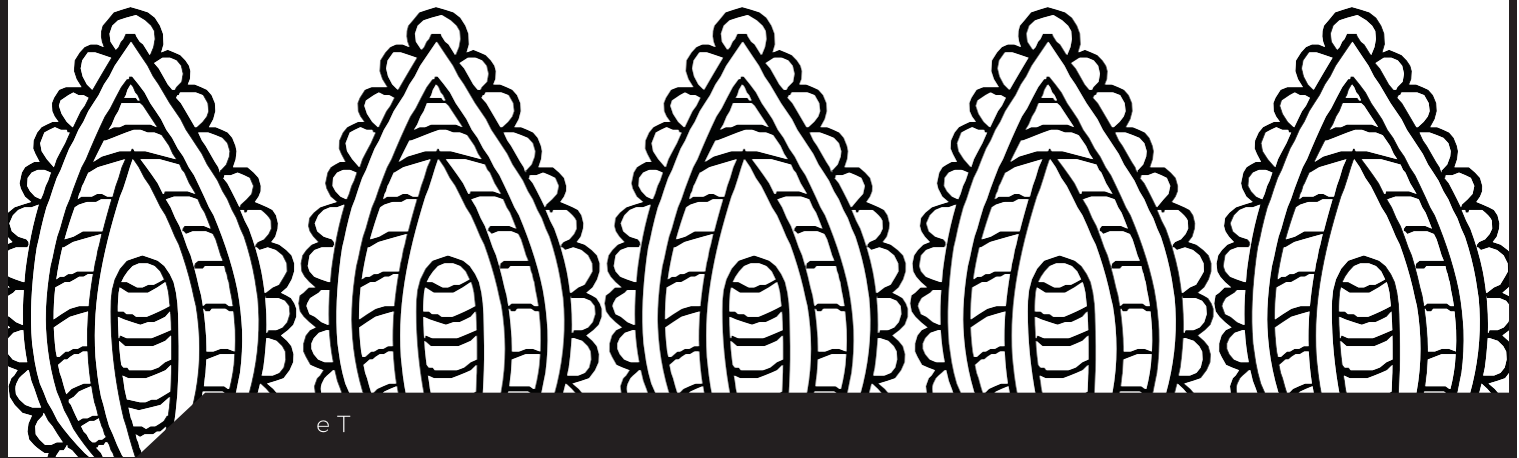
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Together we rise above



i am

ENOUGH



Sometimes
we just
need to
be our
own hero.



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**Shine.
Your light
will brighten
the path of others.**



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Together we rise above

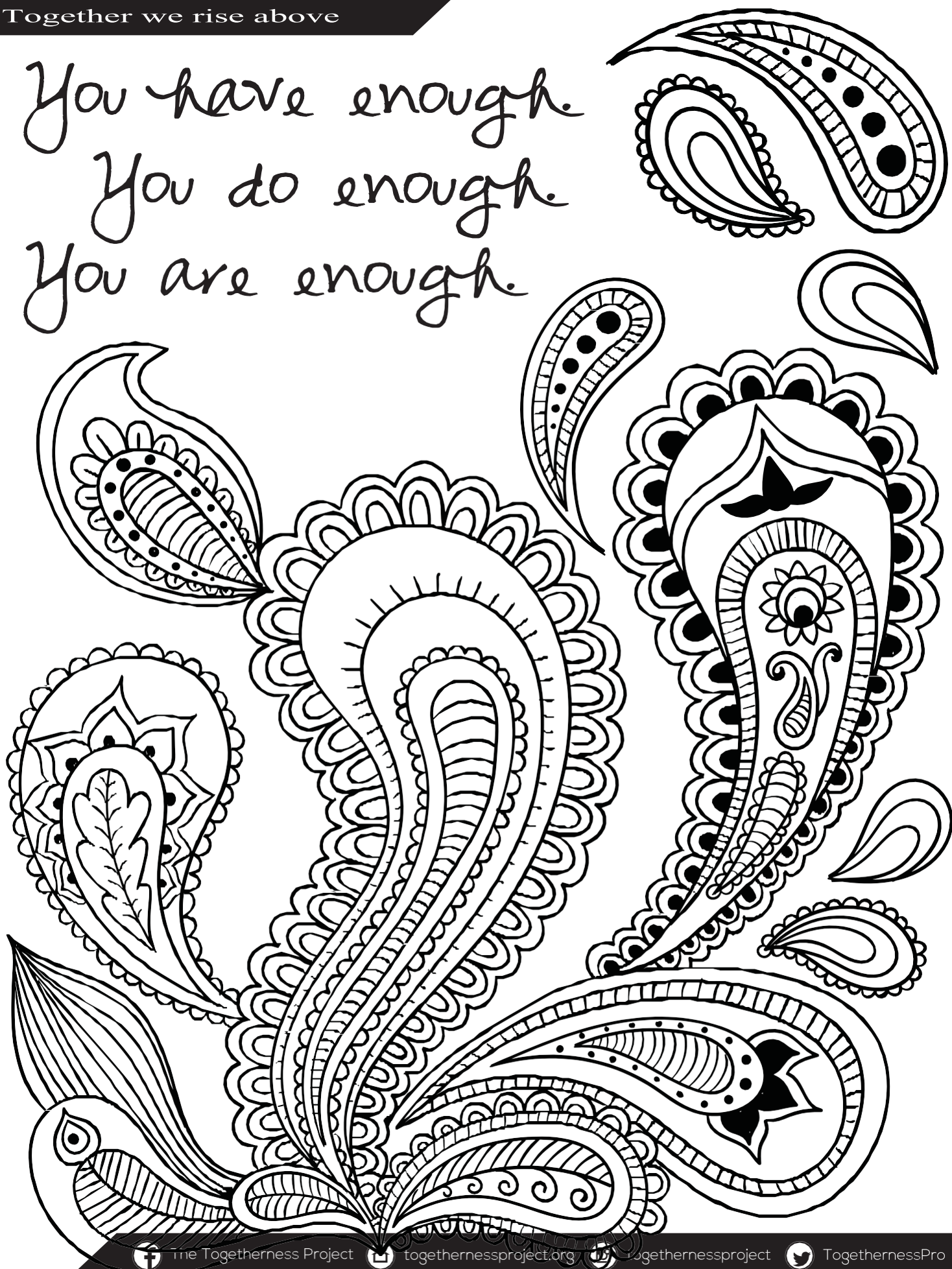
i am
wanted

i am
loveable

i am
whole

Together we rise above

You have enough.
You do enough.
You are enough.



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Together we rise above



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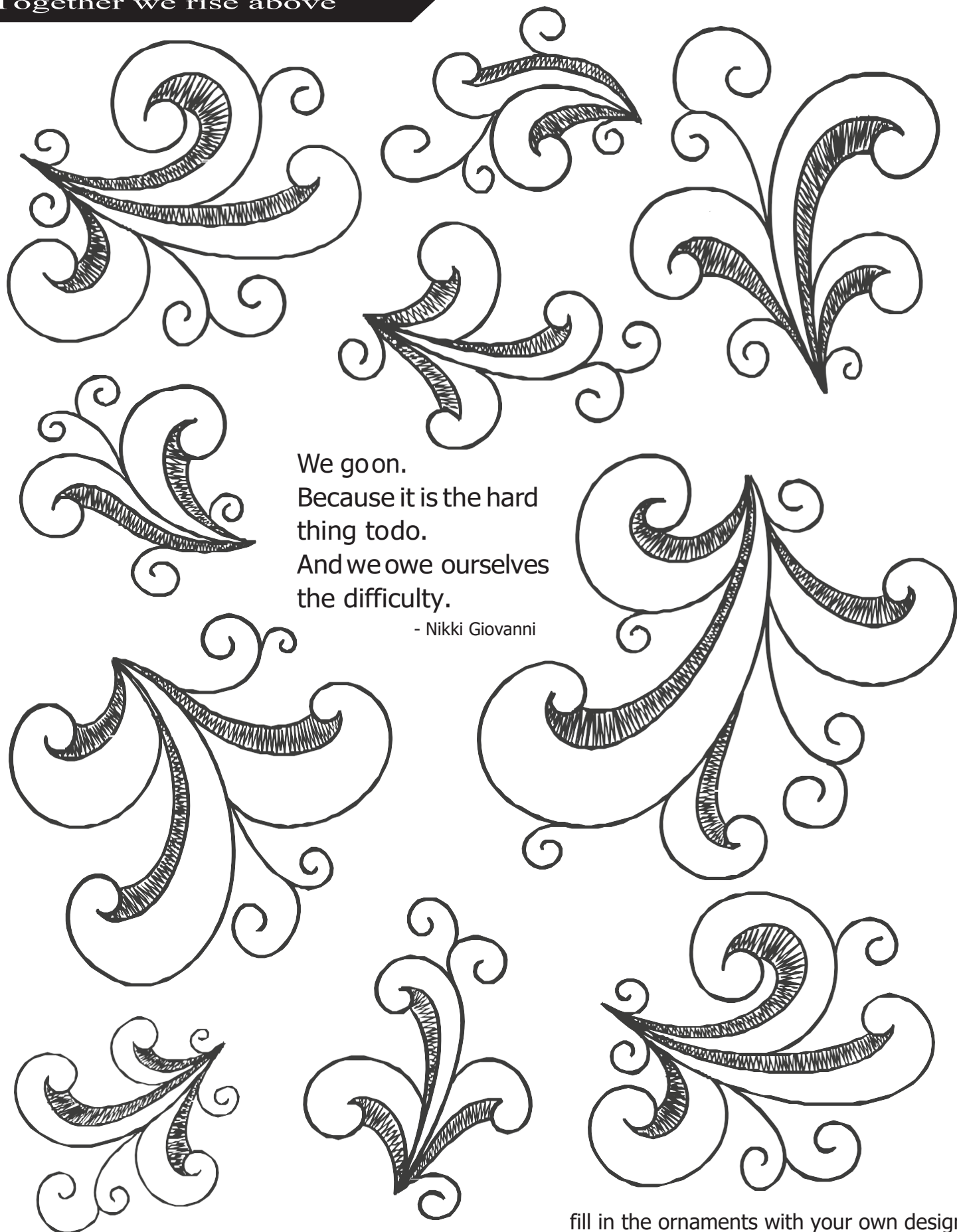
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DEAR D HEART

I CAN DO HARD THINGS

I CAN DO HARD THINGS

I CAN DO HARD THINGS



We go on.
Because it is the hard
thing to do.
And we owe ourselves
the difficulty.

- Nikki Giovanni

fill in the ornaments with your own designs



Together we rise above



**When we are no longer able to change a situation,
we are challenged to change ourselves.**

{victor frankl}



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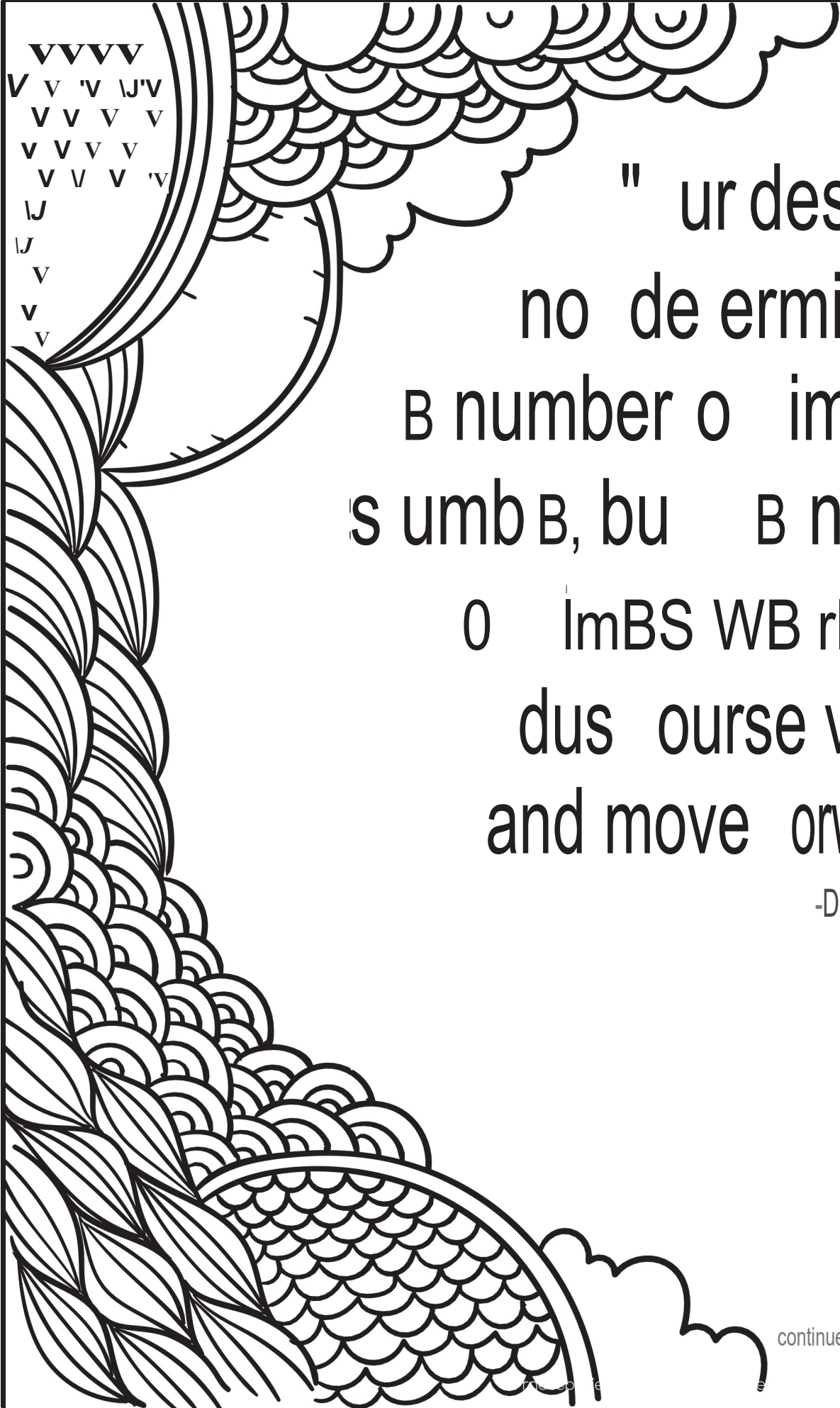
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-Die ter F. Uchtdorf

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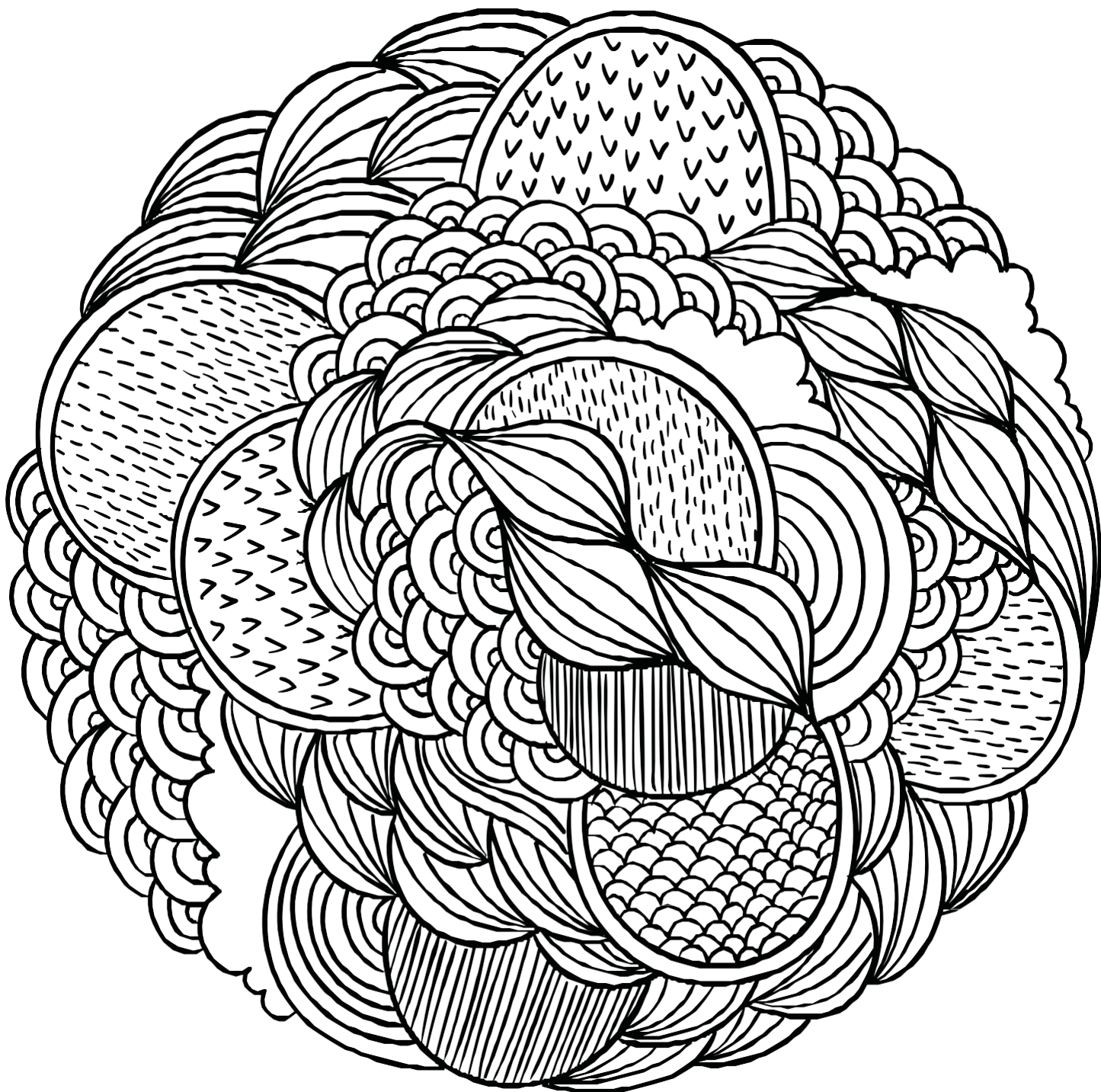
- Hafiz

You have it within you to be happy.

No matter how much "you have got to be kidding me" life throws at you.



Together we rise above



I AM STRONG
STRONGER THAN I REALIZE



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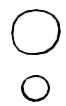
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Be who you needed when you were younger



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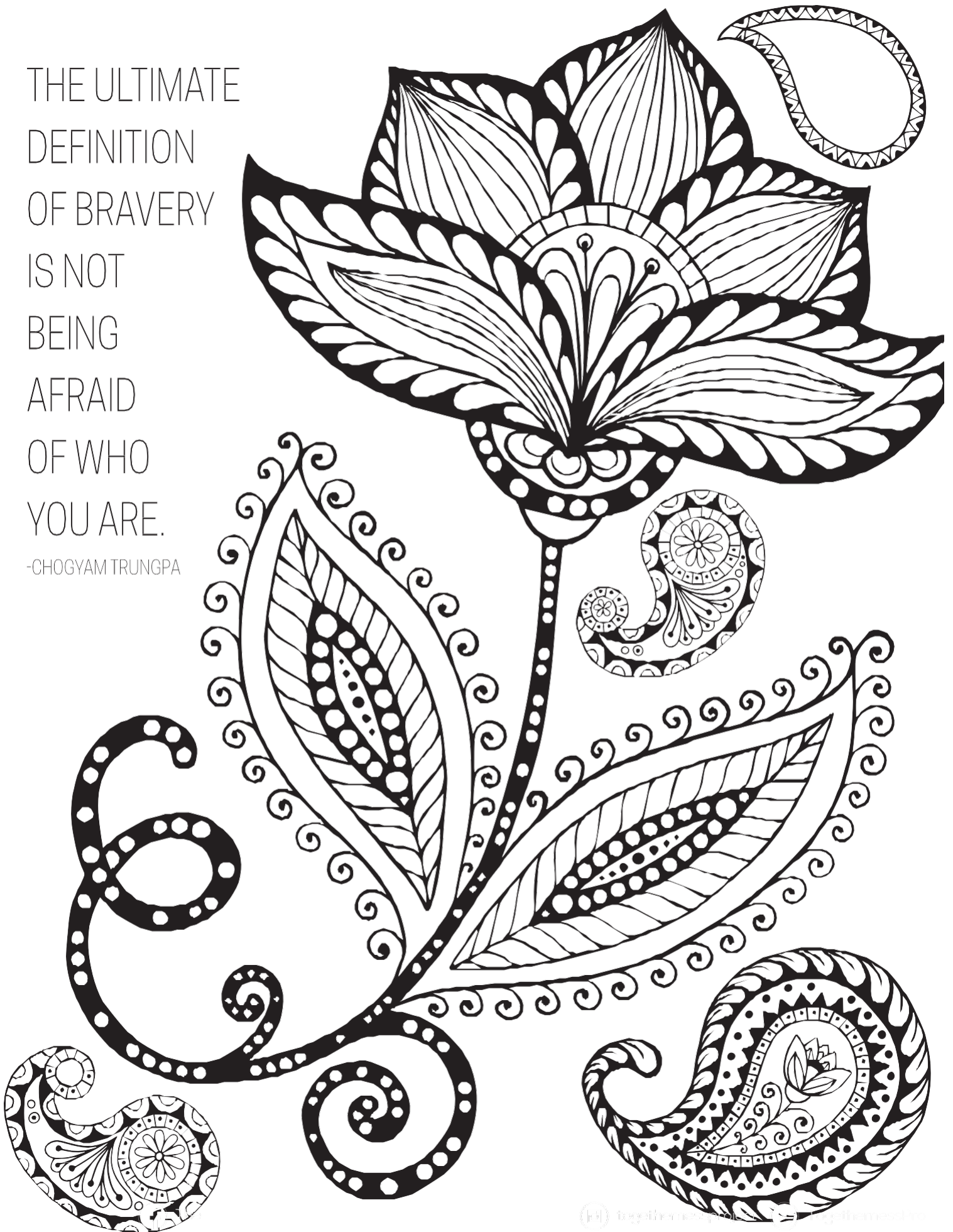
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THE ULTIMATE
DEFINITION
OF BRAVERY
IS NOT
BEING
AFRAID
OF WHO
YOU ARE.

-CHOGYAM TRUNGPA







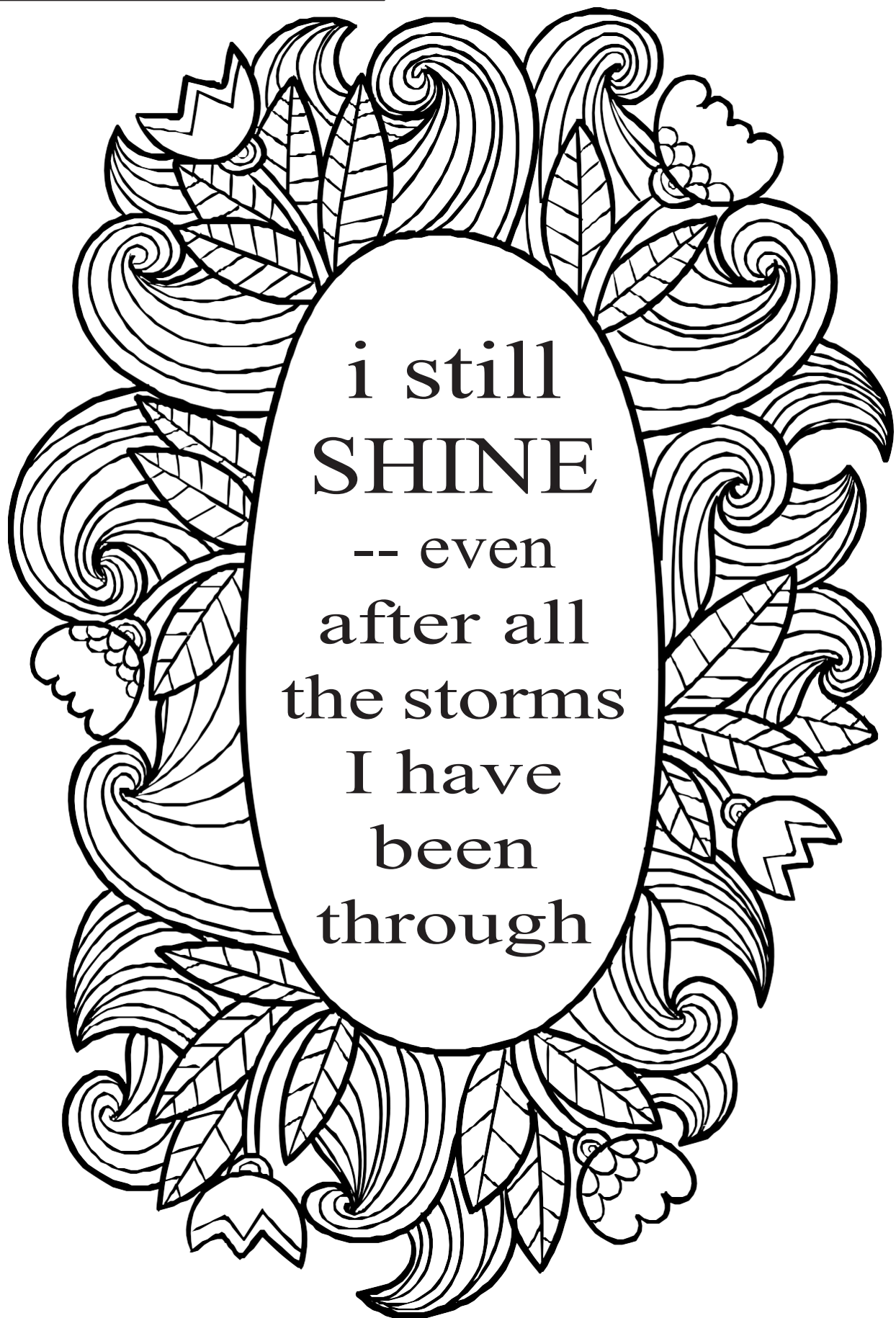
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-Alan Paton



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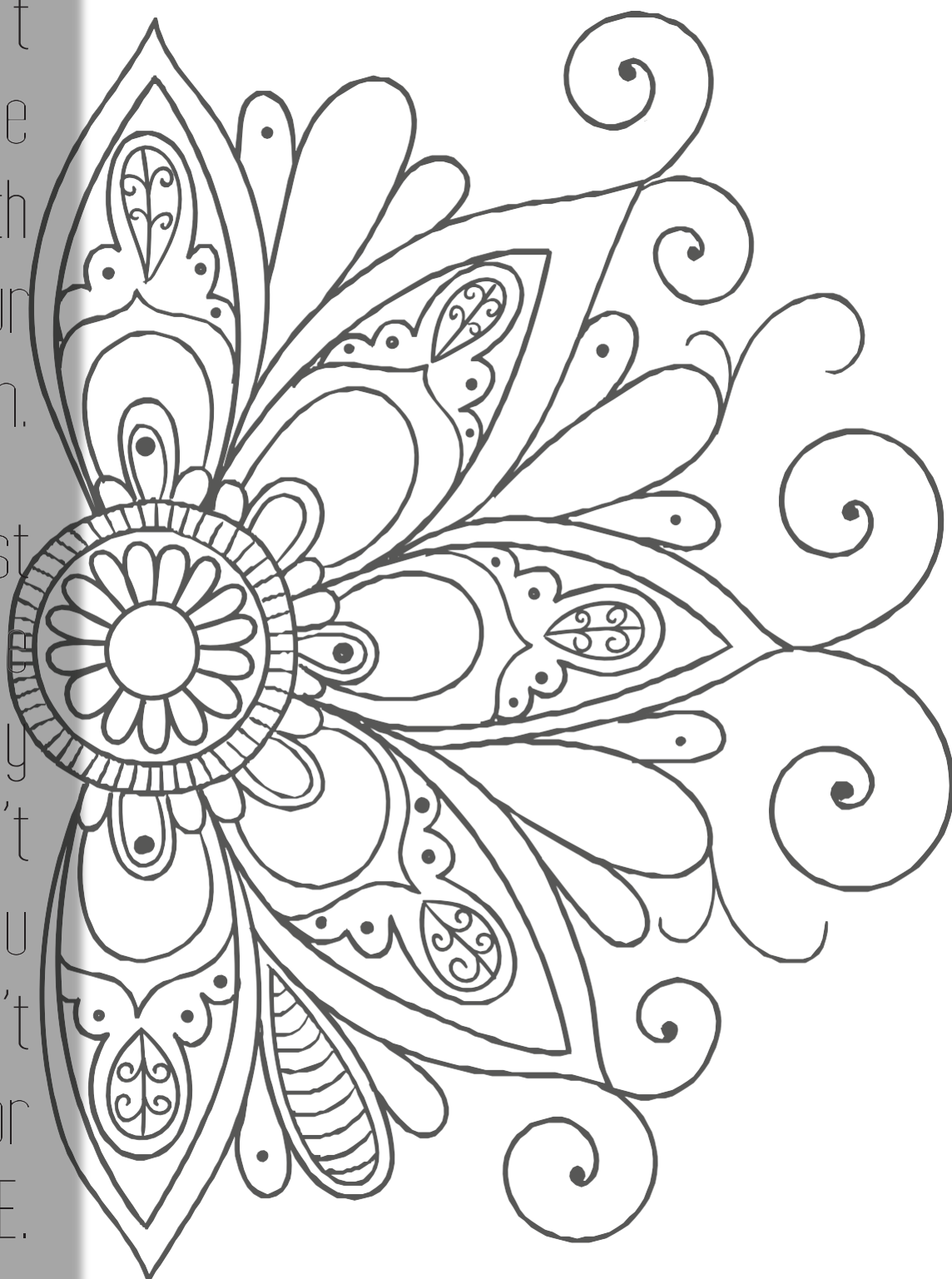


Be the
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together we rise

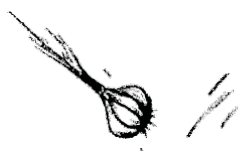
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confuse
your path
with your
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Just
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Together we rise above

“You will feel better than this. Maybe not yet. But you will. You just keep living, until you’re alive again.”

{Call the Midwives}



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By supporting The Togetherness Project, you are not only empowering and changing the lives of women, but you are also impacting marriages, families, and our communities for the better.

